

**GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY, UNANI,
SIDDHA AND HOMOEOPATHY (AYUSH)**

**LOK SABHA
STARRED QUESTION No. 234
TO BE ANSWERED ON 6TH MARCH, 2020
CORONA VIRUS**

***234. SHRI CHANDRA PRAKASH JOSHI:
MS. LOCKET CHATTERJEE:**

Will the Minister of **AYURVEDA, YOGA AND NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)** be pleased to state:

- (a) whether the Ministry has made any efforts to prevent the outbreak of Corona Virus;
- (b) if so, the details thereof; and
- (c) the success achieved as a result of the efforts made by the AYUSH Ministry for protection from the said virus?

**THE MINISTER OF STATE(IC) OF THE MINISTRY OF
AYURVEDA, YOGA & NATUROPATHY, UNANI, SIDDHA AND
HOMOEOPATHY (AYUSH)
(SHRI SHRIPAD YESSO NAIK)**

(a) to (c) A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO LOK SABHA
STARRED QUESTION NO.234* FOR 6TH MARCH, 2020**

(a) Yes.

(b) Ayurveda, Unani, Siddha and Homoeopathy are advocated for health promotion and prevention of diseases. As such, the advisory in terms of AYUSH Systems to prevent the outbreak of Corona Virus is general in nature. The press release (**Annexure-I-III**) was widely published in print and electronic media throughout India.

(c) Efforts made so far have been successful in spreading awareness.

Advisory for Corona virus
Homoeopathy for Prevention of Corona virus Infections
Unani Medicines useful in symptomatic management of Corona Virus
infection

Posted On: 29 JAN 2020 10:29AM by PIB Delhi

The outbreak of a mysterious new CoronaVirus is rapidly spreading. The whole world is going through the fear of this Corona Virus, the Research Councils under the Ministry of AYUSH, Government of India have issued advisory based on the Indian traditional medicine practices Ayurveda, Homeopathy and Unani.

As per the Ayurvedic Practices the following Preventive Management Steps are suggested.

- Maintain personal hygiene.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available.
- Drink Shadang Paniya (Musta, Parpat, Usheer, Chandan, Udeechya & Nagar) processed water (10 gm powder boiled in 1-liter water, until it reduces to half). Store it in a bottle and drink it when thirsty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your face during cough or sneeze and wash your hands after coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.
- Preferably, use an N95 mask while traveling or working in public places to avoid droplet transmission
- If you suspect Corona Viral infection, wear a mask and contact your nearest hospital immediately.

Prophylactic Measures/Immunomodulatory drugs as per the Ayurvedic practices.

- Measures shall be taken to strengthen the immune system through a healthy diet and lifestyle practices.
- Agastya Harityaki 5 gm, twice a day with warm water.
- Samshamani Vati 500 mg twice a day.
- Trikatu (Pippali, Marich & Shunthi) powder 5 gm and Tulasi 3-5 leaves (boiled in 1-litre water, until it reduces to ½ liter and keeps it in a bottle) keep taking it in sips as and when required.
- Pratimarsa Nasya: Instill two drops of Anu taila/Sesame oil in each nostril daily in the morning.

*** This advocacy is for information only and shall be adopted in consultation with registered Ayurveda practitioners only.**

At the instance of Ministry of AYUSH, Central Council for Research in Homoeopathy (CCRH) discussed the ways and means of prevention of Coronavirus infection through Homoeopathy in 64th meeting of its Scientific Advisory Board on 28th January 2020. The Group of Experts inter-alia has recommended that homoeopathy medicine Arsenicum album 30 could be taken as prophylactic medicine against Coronavirus infections, which has also been advised for prevention of ILI. It has recommended one dose of Arsenicum album 30, daily in empty stomach for three days. The dose should be repeated after one month by following the same schedule in case Coronavirus infections prevail in the community. The Expert Group has further suggested that general hygienic measures for prevention of air-borne infections suggested by the Ministry of Health and Family Welfare, Govt. of India, for prevention of the disease should also be followed by the public.

Unani Medicines useful in symptomatic management of Corona Virus infection

1. Sharbat Unnab 10-20ml twice a day
2. Tiryaq Arba 3-5g twice a day
3. Tiryaq Nazla 5g twice a day
4. Khamira Marwareed 3-5g once a day
5. Massage on scalp and chest with Roghan Baboona/ Roghan Mom/ Kafoori Balm
6. Apply Roghan Banafsha gently in the nostrils
7. Take Arq Ajeeb 4-8 drops in fresh water and use four times a day
8. In case of fever, take Habb e Ikseer Bukhar 2 pills with lukewarm water twice daily.
9. Sharbat Nazla 10ml mixed in 100ml of lukewarm water twice daily.
10. Qurs e Suaal 2 tablets to be chewed twice daily
11. Arq extracted from following single Unani drugs along with Sharbat Khaksi is very useful:

S.No.	Name of Unani Drug	Common Name	Botanical Name
i.	<i>Chiraita</i>	<i>Indian Gentian</i>	<i>Swertia chirata Karst</i>
ii.	<i>Kasni</i>	<i>Common chicory</i>	<i>Cichorium intybus Linn.</i>
iii.	<i>Afsanteen</i>	<i>Common sagewort</i>	<i>Artemisia absinthium Linn.</i>
iv.	<i>Nankhawa</i>	<i>Ajowan</i>	<i>Trachyspermum ammi Sprague</i>
v.	<i>Gaozaban</i>	<i>Borage</i>	<i>Borage officinalis Linn.</i>
vi.	<i>Neem Bark</i>	<i>Margosa</i>	<i>Azadirachta indica A. Juss.</i>
vii.	<i>Saad Koofi</i>	<i>Cypriol</i>	<i>Cyperus scariosus R. Br.</i>

12. Decoction of the following single Unani drugs can be used:

S.No.	Name of Unani Drug	Common Name	Botanical Name
i.	<i>Behidana</i>	<i>Quince</i>	<i>Cydonia Oblonga</i>
ii.	<i>Unnab</i>	<i>Jujubi</i>	<i>Zizyphus Jujube</i> <i>Linn.</i>
iii.	<i>Sapistan</i>	<i>Assyrian Plum</i>	<i>Cordia Myxa</i> Linn.
iv.	<i>Darchini</i>	<i>Cinnamon</i>	<i>Cinnamomum zeylanicum</i>
v.	<i>Banafsha</i>	<i>Sweet Violet</i>	<i>Viola Odorata</i> <i>Linn.</i>
vi.	<i>Berg-e-Gaozabaan</i>	<i>Borage</i>	<i>Borago Officinalis</i> <i>Linn.</i>

13. In case of sore throat use decoction of the following Unani drugs:

S.No.	Name of Unani drug	Botanical name	Quantity
i.	<i>Khashkhash</i>	<i>Papaver somniferum</i>	12g
ii.	<i>Bazrulbanj</i>	<i>Hyoscyamus niger</i>	12g
iii.	<i>Post Khashkhash</i>	<i>Papaver somniferum</i>	12g
iv.	<i>Barg e Moard (Habbulaas)</i>	<i>Myrtus communis</i>	12g
v.	<i>Tukhm e kahu Mukashar</i>	<i>Lactuca Sativa</i>	12g
vi.	<i>Gule Surkh</i>	<i>Rosa damascena</i>	12g

Dietary Recommendations

As per recommendations of Unani physicians, easily digestible, light and soft diets are advised.

Press Information Bureau
Government of India
AYUSH

Advisory to recess the symptoms of respiratory tract in possible Corona virus infected cases

29 JAN 2020 3:49PM

In continuation of the preventive measures issued on 29-01-2020, further advisory to recess the symptoms of respiratory tract in possible Corona virus infected cases is as below:

AYUSH system is based on traditional health practices. The traditional Healthcare system of the country provides lifestyle advocacies to boost immunity which helps the prevention of various kind infectious diseases. Recently, the outbreak of corona virus has been noticed which mainly involve Respiratory system. The Ministry of AYUSH is issuing the advisory as preventive measure and not claiming to be a treatment advice for the Corona virus infection. The Research Councils under Ministry of AYUSH are involved in various public health activities and provide lifestyle advocacies time to time for the general public.

- **As per the Ayurvedic Practices the following Preventive Management Steps are suggested.**
- Drink Shadang Paniya (Musta, Parpat, Usheer, Chandan, Udeechya & Nagar) processed water (10 gm powder boiled in 1-liter water, until it reduces to half). Store it in a bottle and drink it when thirsty.
- Prophylactic Measures/Immunomodulatory drugs as per the Ayurvedic practices.
- Measures shall be taken to strengthen the immune system through a healthy diet and lifestyle practices.
- Agastya Harityaki 5 gm, twice a day with warm water.
- Samshamani Vati 500 mg twice a day.
- Trikatu (Pippali, Marich & Shunthi) powder 5 gm and Tulasi 3-5 leaves (boiled in 1-litre water, until it reduces to ½ liter and keeps it in a bottle) keep taking it in sips as and when required.
- Pratimarsa Nasya: Instill two drops of Anu taila/Sesame oil in each nostril daily in the morning.
- **As per the Homoeopathy Practices the following Preventive Management Steps are suggested-**

The Group of Experts inter-alia has recommended that homoeopathy medicine Arsenicum album 30 could be taken as prophylactic medicine against possible Corona virus infections, which has also been advised for prevention of ILI. It has recommended one dose of Arsenicum album 30, daily in empty stomach for three days. The dose should be repeated after one month by following the same schedule in case Corona virus infections prevail in the community.

- **As per the Unani Practices the following Preventive Management Steps are suggested.**

- Prepare decoction by boiling *Behidana (Cydonia Oblonga)* 3gm, *Unnab Zizyphus (Jujube Linn)* 5nos, *Sapistan (Cordia Myxa Linn)* 7nos in 1 litre water until it reduces to half. Store it in a bottle and take sips as and when required.
- For prophylactic measures immune system need to be strengthen for this purpose Khamira Marwareed 3-5 gm once a day may be taken.

*** This advocacy is for information only and shall be preferably adopted in consultation with registered Ayurveda, Homoeopathy and Unani practitioners.**

**Press Information Bureau
Government of India
AYUSH**

**Clarification on Precautionary measures advised by
Ministry of AYUSH in the context of Corona Virus**

04 FEB 2020 11:29AM

This is with reference to the advisories issued in public interest by Ministry of AYUSH on general preventive and prophylactic measures to be followed in emerging viral diseases like Corona. Two advisories issued on 29th January, 2020 are only indicating general precautionary measures to be followed in the context of such viral diseases. These measures are advised based on the principles of approach in respective medical system to such viral diseases where respiratory involvement is evident. These advisories neither claimed effective treatment for Corona virus nor suggested any specific drug to combat corona virus. The personal hygienic measures and few herbal preparations which may be helpful to maintain health are indicated in the advisory. It was also advised that the use of these preparations should be done in consultation with registered practitioners from respective system of medicine.

In this regard, it was learnt that certain news reports from media and medical professional bodies did manipulate and tried to malign the image of AYUSH systems of healthcare and tried to create distrust among the public towards these medical systems. The world is trying to find some help for the pandemic of Corona virus. There is no cure possible as of now. In this situation, any little help from any corner shall be welcomed. The effort of AYUSH Advisory may be seen from this right perspective.
